

COMMON HERBS AND THEIR USES

SWEET SAGE:

This was burned during the offering of prayers/blessings and in ceremonies. This burning is commonly referred to as smudging. When smudging, the individual usually fans the smoke all over ones self to purify during prayers. It is believed that the smoke will take the prayers to the Creator in the Sky. When burned, Sweet Sage emits a very sweet, calming scent.

Sweet Sage was also boiled and strained and used in the form of tea as a remedy for diarrhea.

SWEET GRASS:

Sweet Grass is very similar to Sweet Sage and they are sometimes used interchangeably.

Sweet Grass is used burned during prayers/blessings and ceremonies and to prepare for battle. Sweet Grass has a very pleasant smell when it is burned.

BEAR ROOT:

Bear Root is boiled, strained and used as a tea for diarrhea. Bear Root is also used for tooth aches and to remedy pain such as aspirin would.

FLAT CEDAR:

Is generally burned in a frying pan and is used to purify when preparing for ceremonies, to get ward off spirits that may be bothering someone or when someone is sick.